

## Entry Level Deputies Physical Fitness Testing Information

This is a pass/fail exam. Applicants must successfully pass each of the four events to pass the entire exam. Applicants who fail to pass the physical fitness examination will need to re-apply with the Sheriff's Office before they are allowed to take the next available examination. Applications will be made available at the site of the physical ability test for those who wish to re-apply.

Below are definitions of the various testing elements and some helpful information about preparing for the exam.

### Push-ups:

The push-up test is a measure of muscular endurance of the arms, shoulder, and girdle muscles. This test is administered with the individual in the standard "up" position for a full push-up. The individual's hands may be placed anywhere relative to his/her body as long as they do not exceed two shoulder widths apart. A four-inch (4") cube of foam rubber is positioned directly under the subject's costal arch, on the ground, for the purpose of counting. The individual lowers his/her body until the foam cube touches his/her chest. The individual then returns to the full "up" position (elbows locked) for the beginning of the next repetition. Legs and back will be straight. Individuals are **NOT** allowed to bend their legs at the knee. If the individual touches the floor with any portion of his/her body, the test is terminated. Only the number of correct push-ups performed will be recorded. **There is no time limit for this exercise.**

### Bent-knee Sit-ups:

Bent-knee sit-ups test muscular endurance in the abdominal muscles. The subject lies on his/her back with knees flexed at a right angle. The hands, with fingers interlocked, are placed at the back of the neck at ear level. A partner sits on the subject's insteps, with his/her hands placed behind the subject's calf muscles to keep the heels in contact with the floor. The individual sits up to touch the knees with elbows. Without pause, the individual returns to the starting position just long enough for his/her head (not just shoulder blades) to touch the mat and then immediately sits up again. Only the number of **correct** sit-ups performed in 60 seconds is recorded.

### 300 Meter Run:

This is a measure of anaerobic capacity, which is important for tasks such as short pursuits, running up stairs, and use of force. This is a timed run over the specific distance of 300 meters of flat terrain. If the test uses a 400-meter track, the applicant runs  $\frac{3}{4}$  of 1 lap (inside lane) at a maximum level of effort. It is assumed that the individual has had the proper medical examination and has been cleared for an exercise program. It is advisable to allow adequate time prior to the test for stretching and warm-up exercises. The time used to complete the distance is recorded.

### 1.5 Mile Run:

This is a measure of cardiovascular endurance and is a timed run over the specific distance of one and one-half miles of flat terrain. This test requires a nearly exhaustive effort; however, individuals should not run to complete exhaustion. It is assumed that the individual has had the proper medical examination and has been cleared for an exercise program. It is advisable to allow adequate time prior to the test for stretching and warm-up exercises. The time used to complete the distance is recorded.

### Test Scoring

The matrix below shows the minimum passing score (MinPS) and maximum passing score (MaxPS). Any performance below the MinPS will disqualify the applicant from the testing process and performances above the MaxPS will not be added to the composite TTBS. The point system for each event is based on points awarded for each repetition or second completed.

The King County Sheriff's Office recommends that all applicants train so that they can exceed the level of the Standard Passing Score, to ensure achieving a composite score of 200. **PRACTICE, PRACTICE, PRACTICE!**

### Scoring Matrix

Exercise	Passing Range (MinPS to MaxPS)	Standard Passing Score (SPS)	Point System
300 Meter Run	56-71 (seconds)	63	1.33 pts./sec
Maximum Push-ups	21-35 (repetitions)	28	1.43 pts./rep
1 minute Sit-ups	30-38 (repetitions)	34	2.5 pts./rep
1.5 Mile Run	13:35-14:31 (mins/sec)	14.03	.0357 pts./sec

### Example Scoring Matrix

	300 M Run	Push Ups	Sit Ups	1.5 Mile Run	Score	TTBS
MaxPS	56 seconds	35	38	13:35	50	200
SPS	63.5 seconds	28	34	14.02	40	160
MinPS	71 seconds	21	30	14:31	30	120
Must Achieve Total Test Battery Score of:						160